

CONCEPT OF TIME OF DRUG ADMINISTRATION IN AYURVED

¹Herwade Ajitkumar Shantinath, ²Chougule Nilesh Vasant

MD (Ayu) Associate Professor, PG Teacher and Guide, Dravyaguna Department

Late Kedari Redekar Ayurved Mahavidyalaya,

Kolhapur, Maharashtra, India

MS (Ayu) Associate Professor, Shalaky Department

Acharya Deshabhushan Ayurvedic Medical College & Hospital

Belgaum, Karnataka, India

INTRODUCTION

In Ayurveda the disease formation theory is based on the vitiation of *Dosha* (three basic body element) in *kapha*, *vata* & *pitta* and seven *dhatu*s (Seven basic tissues of body) is *Rasa*, *Rakta*, *Mamsa*, *Meda*, *Asthi*, *Majja* & *shukra*. In the pathogenesis of disease the main role of vitiation occurs is three *Doshas* and then in other body parts. By considering this concept treatment of diseases is planned. In the treatment aspect of disease, drug administration is having main role. This time is decided according to the pathogenesis of disease (severity of disease), disease aggravation time, patient's condition, season in which disease occurred, and strength of patient, involvement of main *doshas* i.e.

time of drug administration is according to patho-physiological condition of *tridoshas*. In Ayurveda the main Acharyas has described the various times of drug administration which has more importance to destruct the pathogenesis. Some Acharyas mentioned 10 types, some has mentioned 11 and 5 types of time of drug administration which we will see in details in this article & also its reason.

Aim & Objective :- To highlight the importance of time of drug administration according to Ayurveda.

Types of time drug administration according to different Acharyas: ^{1,2,3,4,5}

Table No 1

Sr.no	Charaka	Susruta	V.Vagbhata	L. Vagbhata	Sarangdhara
1.	Bhaktadi –I	Abhktam	Abhktam	Anannam	Suryodaya
2.	Bhaktadi –II	Pragbhsktam	Pragbhsktam	Annadi	Divasa
3.	Madhyebhakta	Madhyebhakta	Madhyebhakta	Madhya bhakta	Sayam Bhojana
4.	Pra-tahPaschatbhakta	Adhobhakta	Adhobhakta	Pratah Anta bhakta	Mahurmuhu
5.	SayamPaschatbhakta	Antara bhakta	Anantarabhakta	Sayam Anta bhakta	Nisi

6.	<i>Muhurmuhuh</i>	<i>Muhurmuhuh</i>	<i>Muhurmuhuh</i>	<i>Muhrmuhuh</i>	----
7.	<i>Samudgam</i>	<i>Samudgam</i>	<i>Samudgam</i>	<i>Samudga</i>	----
8.	<i>Bhakta Sayakta</i>	<i>Sabhaktam</i>	<i>Sabhaktam</i>	<i>Sannam</i>	----
9.	<i>Grasam</i>	<i>Grasam</i>	<i>Sagrasam</i>	<i>Grase-Grase</i>	----
10.	<i>Grasantaram</i>	<i>Grasantaram</i>	<i>Grasantara</i>	<i>Kavalantara</i>	----
11.	----	----	<i>Nisi</i>	<i>Nisi</i>	----

- 1) **Abhakt – Anannam / Bhaktadi I (on empty stomach):-** Medicine may be administered *Vyana vata* vitiation at empty stomach, without any food material this time enhances the potency of the drug i.e. it digested and absorbed fastly and acts quickly and efficiently. When administered on empty stomach the drug will subside aggravated *kapha*. As food interferes with the drug, fatigueness (*Glani*) will not develop, *Abhaktam* should not be used for children, old age people, women, weak individuals etc. *Abhaktam* should not be used for children, old age people, women, weak individuals etc. This time shall be used only if the overnight food is completely digested. After the drug is completely digested/metabolized then only food may be consumed.
- 2) **Pragbhaktam/Abhakt II/Anadi (Before meals):** In *Apanavata (vatadosha)* situated in large intestine) vitiation drug may be given before food (immediately before meal). It is used before meals. It is useful in diseases of lower body and also for emaciation process. The drug will be digested very easily if administered during this time. By this time of drug administration in the absence of food the drug is absorbed in lower body only. So the drugs which are applicable or indicated in lower

abdominal disease, are immediately transfers to the affected part.

- 3) **Madhyabhakta (Middle of the meal) :-** This time will be advised for administration of drug when the *SamanaVata (vatadosha)* situated in stomach/upper abdomen) is vitiated. The drug is given in the middle of the meals (i.e., after taking some food at meal/dinner). It is also helpful in conditions like *Koshtagatarogas* (GI tract disease), *Pitta rogas* (Acidic disorders), diseases of head and neck. This time of administration is responsible for increasing the strength of the body.
- 4) **PratahaPaschatbhakta/ Adhobhaktam (After morning meal):-** The drug administered after food is known as *Adhobhaktam* (after meal). It is used in morning in the vitiation of *Vyanavata (vatadosha)* situated in upper part of and all over body) till the aggravated *dosha* is subsided. This time of administration is helpful in increasing body weight. The drug acts digests and absorbs through gut wall. So the drug is absorbed through upper abdominal /stomach & intestinal part. through the part of upper abdomen.
- 5) **Sanyampaschatbhakta (After dinner):-** In the diseases occurred by *Udan Vatadosha*. In *Udanavata* vitiation it is utilized in the evening. In order to strengthen the head and to cure the diseases of head & neck it is useful.

Charaka quoted it for *Udanavata* vikaras.

- 6) **Antarabhaktam (after digestion of morning food):** This time is explained by *Acharya Vagbhata* instead of *Sayampaschatbhakt*. If drug is administered in the afternoon after the morning food is digested, it is known as *Antarabhakta*. Again food will be given in the evening after the drug is digested / metabolized. Similarly drug can be administered in the morning after the overnight dinner is digested completely. This should be followed by lunch once the drug is totally digested. This can also be considered as *Antarabhakta*. This time is used for person with good appetite and in *Vyanavata* vitiation.
- 7) **Muhurmuhu (repeated administration or at minimum time interval)-** This time is indicated for the diseases like *Shawas* (Asthma), *Kasa* (dry cough), *Hikka* (Hiccup), *Chardi* (Vomiting), *Visha* (Poisoning) and *Pipasa* (Thirst). The drug is to be administered repeatedly for several times. This repeated usage is known as *Muhurmuhu*. This is because, the symptoms aggravate and disappear quite frequently in the above diseases. At the same time their recurrence is also frequent. Hence repeated administration of drug is advised. This time gives relief to patient by decreasing symptoms by time interval.
- 8) **Samudga (before and after meals):** In the disease like *Hikka* (Hiccup), *Kamp* (tremors), *Akshepak* (Convulsion) & *Urdhvaadhogat* (Upper & lower body part diseases) *Vyadhi* and also with light diet drug should be administered at the beginning of and end of the

meals. *Pachana* drugs, *Lehyas*, *Churnas* which are *laghu* in nature are administered in this method.

- 9) **Samabhaktam (along with food):** Where there is symptoms of Anorexia, the drugs which are sour in the taste are given with food to create taste. *Charaka* and *Sushruta* have stated that the drug shall be used along with food. While *Vagbhata* is of the opinion that drug may be cooked along with the food even. It is useful to children, who cannot tolerate severity of drugs, who have aversion to drugs etc. It is very useful in systemic diseases. It acts as *Hridya*, strengthens mind, acts as appetizer etc. This Types of medicine is mixes with food properly and digested easily. And absorption of that drug occurs along with food nutrients, which gives good result in curing the disease / symptoms.
- 10) **Sagrasa (Along with each bolus of food):** The drug which will be administered along with rice or meals is known as '*Sagrasa*'. This type of time is advised in the diseases caused by *Pra-navatadosha*. Especially for the appetizing & aphrodisiac drugs are given along with bolus of food. It is also utilized to administer *churna* (powder), *avalehas* (Malts) etc., which will improve appetite.
- 11) **Sagrasantara (Between two bolus):** Drug which is given in between two rice bolus while taking meals is called as '*Grasantara*'. This time is advised for the Heart disease. The pharmacology is same as *sabhakta* & *sagrasa* time of drug administration. *Grasantara* is also useful while performing *vamana*, *Dhuma* and to cure *swasa*, *kasa* etc.

12) Nisha (At bed time) – Acharya Vagbhatta mentioned this type. This time is advised for the drug administration in diseases occurs above the Neck part. Drugs for *Vamana* and *Dhuma* will be used at bed time i.e., at night time. E.N.T. and ophthalmological conditions will be treated during this time. However *Charaka* and *Sushrut* did not mention it.

Time of drug administration according Sarngdhara^{5,6}:

Sarngdhara mentioned five timings into which above 11 types are included. As a general rules *Sarngdhara* advised drug administration in the morning. It appears that except multiple administrations like. *Grasantara*, *Muhurmuhu* etc. the drug administration may be done at once according to the disease condition. Most of the drugs are herbal compounds which are composed of polymolecular herbal compounds in raw-form. It will definitely take some time for absorption and metabolism of these molecules. Therefore are advised to use one bulk dose once in a day e.g. *Kalka* 10 gm (*1karsha*), *Kashaya* 50-100ml etc. We do not come across the concept of divided doses in these contexts. Therefore further study is very essential. *Sarngdhara's* school of thought:

(i) First time (Suryodaya): When there is *pitta prakopa* to perform *Virechana*, when there is *Kaphaprakopa* to perform *Vamana* and to perform *Lekhana karma* the drug shall be administered early in the morning.

(ii) Second time (Divasa-Day Time)

- (a) In *Apanavata* vitiation drug may be given before meals.
- (b) In *Aruchi* along with food the drug should be administered.

- (c) In *Samanavata* vitiation and in *Agni mandya* drug is given middle of the meals (*Madhya bhojana*).
- (d) In *Vyanavata* vitiation drug may be given after meals.
- (e) In *Hikka*, *Akshepak*, *Kampa Vata* drug may be used just before completion of meals'.

(iii) Third time (Sayam Bhojana-at Diner)

- (a) In *UdanaVata* vitiation and in *Swarabhanga*, drug may be administered along with food or at different times while taking the food (*Grasa or Grasantara*).
- (b) In *PuranaVata* vitiation drug is used after the night: meals.

(iv) Fourth time (Mahurmuhu- repeated administration)

- (a) Drug is to be repeated several times (*Muhurrnuhuh*) in *Trishna*, *Hikka*, *Kasa*, *Swasa*, *Visharogas*.
- (b) In these conditions the drug may be given along with the food'.

(v) Fifth time (Nisi-at Bed time): The drug may be administered at night in E.N.T. ophthalmological disorders, for *Lekhana*, for *Brimhana*, for *Pachana* and for *Samana*.

DISCUSSION

The drug must be administered to an individual after careful evaluation of timing and condition of the disease. Then only the drug will be able to restore complete health'. The timings of administration are made on the basis of disease conditions and condition of the patient. If the drug is not administered even according to the condition of the patient, it will be wasted even if it is administered as per the time indicated.

CONCLUSION

In this way all the *Oushadha sevana Kalas* are described according to various authors. Among the above while administering drug to a patient who is thirsty or who consumed plenty of chilled water or who had indigestion or who is hungry or who is weak, *Abhakta* is contraindicated. During other times also, the things which are not good for heart, which are incompatible, which are corrosive, which are exothermic, which have pungent odour and which are used in large quantities are all contra-indications.

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CORRESPONDING AUTHOR

Dr. Herwade Ajitkumar Shantinath

Associate Professor, PG Department of Dravyaguna, Late Kedari Redekar Ayurved Mahavidyalaya, Kolhapur, Maharashtra, India

Email: ajitherwade33@gmail.com

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